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## Who Are the Study Helpers?

By Wendy Anderson—GUF Study Helper

The Growing Up Female (GUF) study is part of the Cincinnati Breast Cancer and the Environment Research Center (BCERC), one of four centers funded by a grant from the National Institutes of Health (NIH). Members of the breast cancer advocacy community participated in shaping the study, offering input to the medical researchers in charge of it. This led to involving advocate-volunteers as Study Helpers, including many who are breast cancer survivors.

The Cincinnati BCERC is unique in the use of Study Helpers. The role began as a way to educate advocate-volunteers in how health studies such as GUF are conducted. In time, our involvement actually helped visits go smoothly—for both the research team and families. In addition to welcoming families, Study Helpers serve breakfast to the girls, do puzzles with them while they wait to be measured, hold their hands if they are



uneasy about having their blood drawn, and walk the girls to the next station or back to their classroom.

Aside from keeping traffic moving, “just to see someone who looks like their Mommy or Grandmother comforting them is such wonderful encouragement to the girls,” says Andrea Ice, a breast cancer survivor. As a BCERC staff member, Andrea was instrumental in

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**Growing Up Female is unique in having Study Helpers—carefully screened and trained volunteers, many of whom are breast cancer survivors—to assist with snacks, waiting room diversions, visit logistics and to simply be there for the girls during their study visits.**



Find 20 words about space in this puzzle



LET'S LOOK AT SOME STUDY FINDINGS

## Diet Team Collects Information in All Seasons

Marcia Schmidt, MS, RD, LD

The *Growing Up Female* study includes a lot of data collection. One data collection method is the Dietary Recall. This information is collected by a group called the Cincinnati Center for Nutritional Research and Analysis (CCNRA) based at Cincinnati Children's Hospital. We're the Diet Team that calls you four times a year, asking what your daughter ate and drank the previous day. We have been in existence for nearly 20 years. Our team consists of five members with different backgrounds in dietetics. We work on many different studies each day.

In the dietary recall, we ask the study participant or the parent, and sometimes both of you, to remember everything your child had to eat and drink the day before. As you know, we ask you to provide a lot of details about each food and the quantity consumed. In order to calculate the nutritional contents of each food, we need as much detail as possible. This method is different from a diet record which relies on the study participant to record their food intake each day for a set period of time.

To obtain valid information, more than one day of recall is needed each year. Since there are seasonal differences in the foods that are available and consumed, the recalls are conducted to coincide with the different seasons. Food intake also may be different on a weekend day as opposed to a weekday, so calls are intended to collect data from both weekends and weekdays.

As you know, we do not schedule the dietary recall with you in advance of the call. We conduct our dietary recalls on randomly selected days because it's important that study participants not change their eating because of the recall. It's important that we collect your child's real life food intake.

The dietary recall is one method researchers use to measure the nutritional value of the foods we eat. It is a standardized way to estimate the vitamins, minerals, fiber, sodium (salt) and other nutrients in the foods a person eats. The dietary recall information you give to us over the phone is entered into the Nutrient Data System. This computer program allows us to analyze your child's food intake for 156 nutrients. The data can be grouped together and analyzed in various ways. Researchers can look at changes over time or analyze nutritional intake in association with measures of growth and pubertal development.

Thank you for your cooperation! We will continue to collect your dietary recall information so the *Growing Up Female* study consists of the best research information. ■



STUDY STATS

## Nutritional Value of the Foods Girls Eat

Marcia Schmidt, MS, RD, LD

The data presented in the table here were collected from 377 study participants in Year 1 of the *Growing Up Female* study. There are age-specific recommended standards for the consumption of many food constituents. Our study girls tended to consume calories, Vitamin D, calcium, iron and sodium (salt) in excess of the national recommendations (*shaded yellow*). On average, their consumption of fiber was half of the recommended intake (*shaded blue*). ■

Food Constituent	Cincinnati Minimum	Cincinnati Maximum	Cincinnati Average	Dietary Reference Intake*	Adequate Intake Level
Energy (calories)	495	3726	1661	~1400-1600	—
% Carbohydrate	32	75	55	45-65	—
% Fat	12	48	32	25-35	—
% Protein	8	23	15	10-30	—
Vitamin D (mcg)	< 1	18	7	—	5
Calcium (mg)	242	1807	884	—	800
Fiber (gm)	2	26	12	—	25
Iron (mg)	4	33	15	—	10
Sodium (salt) (mg)	610	6961	2739	—	1200

\* Children ages 4-8 years



# Something Special for YOU

**Growing Up Female**  
Environmental Factors in Female Development & Disease

**WE'RE HERE FOR YOU!**

**We are called Study Helpers and we're here to help YOU at the study visits.**

We help keep things moving so your visit is as quick as possible. This lets the great research team do their job.

**We are volunteers.** That means we give our time to be at the school visits and Saturday mornings at Children's Hospital.



**Most of us are moms or grandmothers.**

That's one reason we often know what you enjoy talking about. Since many of our own daughters are grown up, it's especially fun for us to chat with you about the latest movies or newest styles.



We know it takes a lot of effort and time to keep coming to the study visits. **We admire you and your family for all you do to support the Growing Up Female study.**



**We like getting to know you!**

**We think this study is extra special.** It's a way to learn important things about how girls' bodies change in puberty and things girls can do to grow up healthy.



Why we are involved in Growing Up Female?  
**We want YOU to grow up to become a healthy woman.**

Wendy Anderson—GUF Study Helper

## Can feet talk?

**Why do you measure my foot?**

From the time you are born until you are in your teens, your feet grow. But when you begin puberty, your feet grow much quicker! So by measuring your foot, we get a better idea of what is happening inside of your body and how quickly your body is growing.

**Is there a connection between my foot growth and my height?**

Absolutely! Your height, like your feet, continues to grow until you are a teenager. Your feet, however, stop growing about 1 year before you reach your final adult height. As you go into a growth spurt, your legs and arms grow faster than the trunk of your body and your feet and hands grow faster than your legs and arms. Both your height growth and your foot growth can tell us about changes inside your body.

**How do you measure my foot?**

We use a tool called a Braddock Device. It measures the length of your foot, the length of your arch (the part of your foot that rises up) and the width of your foot. The numbers from the Braddock Device are different than your shoe size.

■ LET'S TALK ABOUT...

# Making Smart Food Choices

Eating a variety of fruits and vegetables can help you develop into a strong, healthy adult. These healthy foods have nutrients compared to chips, cookies and fast food, which add extra fat, sugar, and salt to your body. These extras can make you gain weight and contribute to health problems later in life.

## How can I eat more fruits and vegetables?

- Add fruit in the morning—make a fruit smoothie or grab an apple if you are running late
- Pack your lunch—put lettuce on your sandwich, have some raw veggies and fruit with your lunch
- Make a salad, whole wheat wrap with veggies, or celery with peanut butter for a snack
- Fill half your plate with fruits and veggies—eat these first!
- Have a contest with your family—see who can eat the most fruits and vegetables in a week!

Make healthy eating a part of your everyday life. Your body will be stronger and healthier if you start eating well now!

Learn more at:

[www.kidshealth.org](http://www.kidshealth.org)

[www.kidnetic.com](http://www.kidnetic.com)

[www.mypyramid.gov](http://www.mypyramid.gov)

## Why all the questions about what I eat?

The Growing Up Female Diet Team calls your house four times a year to find out what you have been eating. When they call, you or your parents are asked to tell what foods you ate the day before. We call this your diet—not the kind where you're trying to lose weight, but everything you normally eat.

### Why do you call four times a year?

Your diet changes with the seasons. Think about it this way: in summer you eat popsicles, but in winter you have hot chocolate. We want to know what you eat all year long. Calling four times helps us do this best.

### Why can't I write down what I eat the day of the recall?

We need real life information about what you eat. It's important you don't change what you eat because of the dietary recall. That's why the Diet Team calls the next day. And that's why it's called a dietary recall and not a diary.

### Why does it matter?

Different types of foods do different things. Have you ever heard that carrots help you see better or spinach makes you stronger? That is because things in your food impact how you grow and develop. The dietary recall tells us the nutrients your body has to support your growth and development.

The purpose of the Growing Up Female study is to learn how it is you grow and develop the way you do. The foods you eat are one part of the puzzle.

**Thanks for your help solving the puzzle!**

## How Can I Help My Daughter Make Healthy Food Choices?

by Katie Dart, MS, RD

Healthy eating starts at the grocery store. Buy fruits, vegetables, lean meats and low fat dairy products more often. Choose salty snacks, sweets and fast foods less often. Try to limit eating out to once a week or less.

Your daughter needs a variety of nutrients to grow and develop into a healthy young woman. Some of these include calcium, Vitamin D and iron. ■

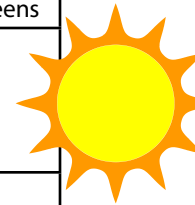
**For more information about healthy eating go to:**

<http://www.nutrition.gov>

<http://www.mypyramid.gov>

<http://www.health.gov>

Nutrient	Recommended Intake for Girls 9-13 Years of Age*	Food Sources
Calcium	1300 mg	skim milk      lowfat yogurt lowfat cheese      collard and mustard greens
Vitamin D	200 IU	Vitamin D fortified skim milk fortified cereals canned tuna salmon
Iron	8 mg	fortified cereals      beans/lentils turkey      dried apricots lean beef



*Sunshine also is an important source of Vitamin D.*

\* Dietary Reference Intake for Girls 9-13 Years of Age

### Fruits and vegetables are important too!

They are low in calories and add fiber and nutrients. They may help prevent disease later in life!

#### What if my daughter doesn't like fruits and vegetables?

- Start slow—add one new fruit or vegetable at a time.
- Encourage your daughter to grocery shop with you and help prepare meals.
- Don't force it, just offer fruits and vegetables—it may take up to 20 tries to become comfortable with a new food!

#### How can I help my daughter to eat more fruits and vegetables?

- Make it easy—keep fruit on the counter and keep cut up vegetables in the fridge.
- Fill up half your child's plate with fruits and vegetables.
- Go meatless once a week—try a portabella mushroom burger!
- Add extra veggies to spaghetti sauce or on pizza.

#### Fruits and vegetables are expensive, how can I afford to buy them?

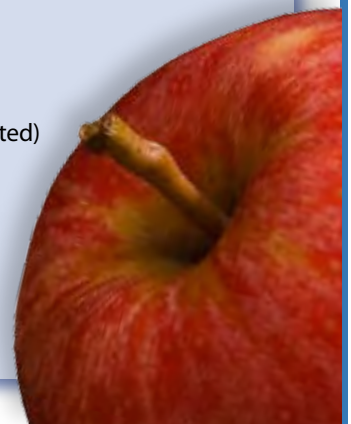
- Buy produce in season.
- Buy local produce whenever possible.
- Buy frozen fruits and vegetables. ■



#### What about organic produce?

To save money, be selective about the organic fruits and vegetables you buy. Some fruits and vegetables retain a heavy residue of agricultural pesticides. To lessen your intake of these pesticides, buy the following fruits and vegetables as organic produce:

- Apples
- Bell peppers
- Carrots
- Celery
- Cherries
- Grapes (imported)
- Kale
- Lettuce
- Nectarines
- Peaches
- Pears
- Strawberries ■



**“I’d like study families to know that I feel honored to be able to share this experience with their girls. It’s fun... I thoroughly enjoy this... and will stay committed as long as the study continues.”**

Banita Bailey  
Study Helper



## Who Are the Study Helpers?

*continued from the front page*

establishing the Study Helper program. Though now retired, she continues to volunteer as a Study Helper.

Banita Bailey is a longtime Study Helper who was first diagnosed with breast cancer at age 29 when her daughter was just three years old. She’s pleased to be involved in proactive research, giving her access to the latest findings as she watches her own daughter, now a teenager, grow and develop. But for Banita, the most rewarding part has been “being there to support the girls.” She describes a school visit where a girl had initially decided not to give the blood sample because she felt nervous. With encouragement, the girl worked through her fear. “And before you knew it, the blood was drawn and it was over,” recalls Banita. “She came out with the biggest smile on her face and was so proud of herself, as we all were. I continue to be so impressed with each and every girl and their continued commitment to this study.”

Study Helpers also make a considerable commitment to participate. Recruited from among local breast cancer related organizations and word of mouth among other caring community volunteers, Study Helpers are carefully screened through Cincinnati Children’s

Department of Volunteer Services. We are interviewed, reference-checked and receive a medical review. Prior to working in the field, we undergo an orientation; and over the years, receive periodic refresher training. And because of our unique involvement with the study, the research team has welcomed our suggestions.

According to Frank Biro, MD, GUF’s Principal Investigator, “A considerable portion of our accomplishments is due to the Study Helpers. They have helped inform at every step of the project. Their hours and dedication have definitely contributed to our continuing success.” Anita Hurst, a GUF study coordinator, adds, “The Study Helpers are essentially the glue that holds our visits together... their presence truly makes a difference!”

As the girls continue to grow older, many Study Helpers comment that it can be bittersweet to see them mature and no longer need help with shoe laces or opening food wrappers. But it remains a very rewarding experience. Banita expresses a view held by many of us: “I’d like study families to know that I feel honored to be able to share this experience with their girls. It’s fun... I thoroughly enjoy this...and will stay committed as long as the study continues.” ■

### News for Parents Growing Up Female

is a publication of the Community Outreach and Translation Core (COTC) of the Cincinnati Breast Cancer and the Environment Research Center (BCERC).

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### Forum Presentations Available On-line

Video of the presentations from the March 2009 community education forum are available on-line at [eh.uc.edu/growingupfemale/looking\\_up-stream2009.asp](http://eh.uc.edu/growingupfemale/looking_up-stream2009.asp).

- Watch Dr. Biro give an update about the *Growing Up Female* study.
- Listen to health professionals discuss Talking with Our Daughters about Breast Health.
- Learn more about Bisphenol A (BPA) research findings.

### Study Visit Schedule Is Changing

The schedule for *Growing Up Female* study visits is changing. Some girls will continue to be seen every 6 months and some girls will move to a 12-month schedule.

You should have received a letter from Dr. Biro and the study team about this scheduling change.

If you have questions, please contact the study office at (513) 636-8592. ■